

Date: December 8, 2020

To: Governor's Early Childhood Funding Commission

From: Crisis Nursery Coalition of Illinois

Re: Including Crisis Nursery Coalition of Illinois as an Early Childhood Stakeholder

Thousands of Illinois' youngest and most vulnerable children are at risk of abuse and neglect, and many fragile families may lose their employment or their chance of self-sufficiency due to short term family crises. Crisis nurseries help families cope with difficult times. Children are kept safe in a temporary, warm, and nurturing environment while parents receive support and education.

Crisis nurseries were formed from the Crisis Nursery Congressional Act of 1986 to provide holistic prevention and intervention services to families with young children, who were in crisis, and at high risk of abuse and neglect. All Illinois crisis nurseries use the ARCH survey to measure three performance goals: decrease parental stress, reduce risk of maltreatment, and improve parenting skills.

The Crisis Nursery Coalition of Illinois is a collaboration of seven crisis nurseries serving children and families using an emerging model of care through best practices. In 1996, all crisis nurseries operating in Illinois came together to combine their collective impact on preventing child abuse and neglect in the state of Illinois.

The Coalition includes seven nurseries throughout the state: Crittenton Centers Crisis Nursery (Peoria), Crisis Nursery (Urbana), Crisis Nursery- Program of Children's Home + Aid (Bloomington), Mother House Crisis Nursery - Program of Children's Home + Aid (Rockford), Mini O'Beirne Crisis Nursey (Springfield), Maryville Crisis Nursery (Chicago), and Crisis Nursery of Effingham County (Effingham).

Crisis nurseries provide **free** support 24/7/365 to help families of children under six who are experiencing a crisis. Each nursery offers a 24/7 help-line and provides an **immediate crisis response** to families.

Crisis nurseries in Illinois provide short-term care and family follow up programming for some of Illinois' most fragile families. Crisis child care enables parents to attend medical and dental appointments, see a mental/behavioral health provider, attend interviews and job training, flee a domestic violence situation, find a place to live, seek legal assistance and more.

Crisis nurseries have been instrumental over the years by filling the childcare gaps for essential workers who work non-traditional hours and need to maintain financial security. The pandemic has highlighted this very critical issue and we continue to respond to the needs of this important workforce to keep Illinois families healthy and safe.

Crisis nursery services include 24/7/365 crisis care, children's groups, home visiting, parenting classes, parent support groups, crisis counseling, referral and linkage to after care services, such as long-term child care arrangements. The strategy is to build a community-based support system for fragile families that:

- Increases family stability, helping families during an immediate crisis and eliminating risks of harm for children during the crisis.
- Enhances permanency by preventing high-risk children and families from entering the foster care system.
- Improves employment stability/job retention for families when childcare emergencies arise that threaten a parent's ability to report to work dependably.
- Strengthens and supports families who are coping with mental illness, substance abuse, physical impairment, and other significant risks that jeopardize their children.
- Improves recovery for substance abusing parents by providing stable care for the drugexposed children so that the parent's treatment may commence or continue.
- Provides support to families experiencing domestic violence and provides a safe place for children to prevent them experiencing additional trauma.
- Provides care for children experiencing homelessness and provides families the resources and referrals needed to achieve housing stability.

Illinois crisis nurseries are trained in the nationally-adopted Standards of Quality for Family Strengthening & Support which are used across the country by public departments, foundations, networks, community-based organizations, and families as a tool for planning, providing, and assessing quality practice.

Based on the Principles of Family Support Practice and the Strengthening Families Framework and its research-based evidence-informed 5 Protective Factors, the Standards have created a common language across different kinds of Family Strengthening and Family Support programs such as Family Resource Centers, home visiting programs, and child development programs.

Through an innovative public and private partnership and an intervention/prevention approach, Illinois has taken crucial steps toward giving fragile families a fresh start. Crisis nurseries are vital to the safety and well-being of young children and families. As you consider the entire landscape of Early Childhood services and support for families in Illinois, know that we are eager to continue to be part of the safety, education and well-being of young children and strengthening families.

Working together to build a better Illinois -24/7/365!

CRISIS NURSERY COLLECTIVE IMPACT



The Crisis Nursery Coalition of Illinois is a collaboration of Crisis Nurseries serving children and families using an emerging model of care through research and best practices while demonstrating a collective impact since 1996.

Crisis Nurseries across Illinois are receiving a phone call approximately every 26 minutes.

2,497

2,497 unduplicated children and 1,760 unduplicated families were served by Crisis Nurseries across the state of Illinois

KIDS



HOURS 141,137



141,137 hours of crisis care were provided to children birth through six years of age in need of free emergency child care

FY 2019 PROGRAM STATISTICS

Crisis Nursery programs are located in Chicago, Rockford, Urbana, Peoria, Bloomington, Springfield and Effingham

Children were admitted to Crisis Nursery 19,484 times in FY 19.

Referrals for Community Resources	20,091
Caregiver Support/Parent Educational Groups	481
Home Visits	1,543

BASIC NEEDS ITEMS GIVEN OUT



\$308K

in childcare supplies ranging from diapers to clothing were given out to children and families in need

ASKING FOR HELP IS A SIGN OF STRENGTH

Sign up and join us! Visit www.cncoi.com



The Technical Assistance Center for Lifespan Respite January 2020

Crisis Nurseries: Respite for Children at Risk of Abuse or Neglect

In some instances, crisis nurseries are the only alternative for families who otherwise

placement, an unnecessarily intrusive option

when a brief period of respite could alleviate

the parental stressors that could lead to abuse

would have experienced a foster care

Introduction

Crisis nurseries provide temporary respite for families experiencing challenging life circumstances that place their children at risk for abuse and/or neglect. Created to provide immediate stress relief for parents and caregivers in times of crisis, the care provided by most nurseries can be accessed any time of the day or night and is offered free-of charge.

Although the word "nursery" is typically used when referencing facilities for infants or very young children, crisis nurseries may serve children

whose ages range from birth to eighteen years. Often, programs serve a particular age group (e.g., birth to three years or preschoolers, etc.). Some programs offer emergency care exclusively for children experiencing a disability and their

siblings, although most do not have a disability-related eligibility requirement. A dependent child experiencing risk for maltreatment due to family crisis is often the only eligibility criteria. Other terms used for this type of emergency service are "crisis respite" or "emergency respite."

or neglect.

Crisis nurseries were first developed in the early 1970's as a support service to families needing a place of safety for their children during times of crisis. Nurseries are a practical alternative for families lacking appropriate, willing, or proximally

close friends and relatives who can provide child care in an emergency. In some instances, crisis nurseries are the only alternative for families who otherwise would have experienced a foster care placement, an unnecessarily intrusive option when a brief period of respite could alleviate the parental stressors that could lead to abuse or neglect.

Crisis Nursery Program Models

There is no single crisis nursery model. Program models differ according to the needs of the families within the community. For example, some programs

may elect to serve families in situational emergencies such as families involved in divorce or a long hospital stay; whereas, other programs focus on serving children and families where potential abuse or neglect has been identified by the

parents themselves or another agency. Local or state regulations related to center or home-based child care will influence the model of crisis care.

Crisis nursery programs may provide both inhome or center-based care. Many nurseries use existing day care centers, private homes that have been licensed (similar to foster care homes), or emergency shelter facilities. Other programs are located in facilities which are specifically designated as a crisis nursery.

A feature shared by most crisis nurseries is the accessibility of care anytime of the day or night, three-hundred and sixty-five days a year. Beyond that, nurseries are diverse in the services they deliver. Depending on community needs, regulatory limitations, and availability

of resources, crisis nursery programs provide or connect families with support services such as:

- parent education
- developmental assessments for children
- parent support groups
- assistance with food, clothing, and transportation
- · family and individual counseling
- service coordination (case management)
- · access to medical and dental services
- employment training
- help lines
- substance abuse prevention and treatment
- ongoing planned respite

A feature shared by most crisis nurseries is the accessibility of care anytime of the day or night, three-hundred and sixtyfive days a year. Regulations related to the provision of crisis care vary from state to state. Most states have no formal rules specifically for crisis care; services are often licensed under existing child care, foster care, or residential care rules. The following descriptions are examples of

crisis nursery program models.

Center-Based Crisis Nursery Facility

Center-based crises nursery care may occur in a licensed child care facility specifically designated as a crisis nursery. This model usually provides services 24 hours a day, 365 days a year. State requirements for food preparation, staff-child ratio, health and safety, and other licensing requirements must be followed. This model may offer a variety of related programs such as substance abuse prevention programs and programs for special circumstances such as teenage mother assistance programs. This type of crisis nursery may be located within a larger organization such as a child welfare agency.

Providence House

Providence House in Cleveland, Ohio, is an example of a center-based crisis nursery that provides emergency respite and comprehensive wrap-around services to vulnerable children and families.

Providence House maintains 30 beds to serve 350 children and 150 families with center-based crisis care. Services for children include: emergency shelter, direct care services, and medical care and monitoring. Services for parents include: case management/aftercare; parent support and education; family trauma services; family medical skills training.

Providence House also offers an after-care program of in-person case management for 6-12 months following a crisis, and a trauma informed group led by a social worker and peers as part of a discharge plan. *provhouse.org*

In 2019, Providence
House was selected as
an Innovative and
Exemplary respite
service by the
ARCH National
Respite Network
and Resource Center.



Center-Based Day Care Facility

Some family support programs contract with existing day care centers to offer immediate care for children in emergency situations. This cost-effective model uses day care centers which already meet state licensing requirements and have trained staff who provide developmentally appropriate activities for the children. Day care staff may receive additional training on topics such as working with children at risk of abuse and neglect. Additional family support services may be provided as needed. This model may not be able to offer child care services 24 hours a day because of licensing requirements and the hours of operation of the day care facility.

Community-Center Model - Multiple Sites

This type of crisis nursery model, frequently used in rural areas, provides temporary child care by utilizing a variety of existing community facilities (community centers, churches, etc.) in one or more geographical locations. These facilities are provided through informal or formal agreements. This model may not be able to offer temporary child care services 24 hours a day because of limited use of the community facility. Often, family support services such as parent support groups or parenting classes are offered for part of the time during which the child is receiving care. Trained volunteer families within the community can be the providers in this model. This model very effectively fosters interagency collaboration and coordination.

Family Care Home Model

In this model, family care homes with foster care licensing provide care for children. Crisis nursery child care is usually provided up to seventy-two hours for each stay. As a decentralized model, it is effective for rural settings. All providers are screened, licensed and trained. They receive a stipend to help offset expenses for food and necessary supplies. Some providers serve programs as volunteers, while others are paid. Besides family care home providers, the agency uses staff in the

community to help with transportation, intake, and other duties integral to the operation of the program.

In-Home Crisis Care Models

In-home crisis nursery programs provide some or all crisis nursery services within the family's home. Caring for the child within his or her home helps provide child care relief with minimal disruption of routine activities. Other in-home models provide temporary child care outside the home and parent support services within the home. These homebased services may include support counseling, activities to enhance parenting skills, or provide

Vanessa Behan

Vanessa Behan Crisis Nursery in Spokane, Washington, supports parents and primary caregivers to reduce the potential for abuse or neglect. Staff providing care capitalize on opportunities to promote healthy brain development, build resiliency and provide children with an experience of safety, love and wonder. Services are voluntary, free of charge and available 24 hours a day, 7 days a week, 365 days a year so that whenever a parent is faced with challenging circumstances or a lack of a safe care alternative, they have a place to turn. Annually, Vanessa Behan serves an average 550 children from birth through age six. The center is funded entirely through private donations and foundation or corporate grants. vanessabehan.org

In 2019, Vanessa Behan was selected as an Innovative and Exemplary respite service by the ARCH National Respite Network and Resource Center.



additional information according to individual family needs and assistance in accessing identified resources.

Accessing Crisis Care

For the vast majority of crisis nurseries, family participation is voluntary and parents maintain legal custody of their children while the children receive service. A small minority of nurseries reserve beds for children in the state's custody when foster or shelter care resources are not available. This is the exception, not the rule.

Once nurseries are established in a community, a large portion of families using the service are self-referred and find the nursery through word of mouth. Other referrals to crisis nurseries come through Child Protective Services as an alternative or differential response to foster care. Successful crisis nurseries develop strong relationships with community partners and receive referrals and other supports from community social service agencies, medical and legal systems, and the faith community.

Crisis Nursery Funding

Funding for crisis nurseries varies across states and programs. Very often, nurseries' primary sources of revenue are foundation grants and donations from individuals and the business community. Tobacco tax funding has been used to support nurseries in a handful of states. Although some nurseries have reported keeping their doors open without accepting public funding, a handful of state and federal sources have been used to support crisis nurseries.

Recognizing the potential of crisis nurseries to prevent put-of-home placements and reduce potential for child maltreatment, some states have committed state general funds to support nurseries. Other potential federal funding sources for crisis nurseries include the Social Services Block Grant Program (Title XX of TANF), and Promoting Safe and Stable Families (Title IV-B of the Social Security Act).

State Supported Networks of Crisis Nurseries

Utah: In partnership with the community, the Division of Child and Family Services, Utah Department of Human Services, supports child abuse and neglect prevention services for families and the community. In addition to parenting classes, evidence-based home visitation programs, statewide community and school-based education presentations, and support to Grandparents raising grandchildren, 14 crisis nurseries in local Family Support Centers are supported across the state. Crisis nurseries provide up to 72-hours of free care to children under the age of 12 as well as planned respite. dcfs. utah.gov/services/prevention

Illinois: A similar network of six crisis nurseries are funded by Donated Funds Initiative (DFI) through Family and Community Services, Illinois Department of Human Services. www.dhs.state.il.us/page.aspx?item=55909

Another federal funding source is the Community-Based Child-Abuse Prevention Program (CBCAP). CBCAP is Title II of the Child Abuse Prevention and Treatment Act (CAPTA) and its funding can be used to support respite, including crisis nursery services. To learn if your state's CBCAP program is funding planned or crisis respite in your state, contact your state's CBCAP lead agency. *friendsnrc.org/contacts-and-assignments/state-contacts*

Effectiveness of Crisis Nurseries

Crisis nurseries offer emergency respite for children at risk of abuse or neglect. As with other types of respite services, crisis nurseries are designed to reduce caregiver stress, prevent out-of-home placements, reduce the risk for abuse and neglect, preserve the family unit, and support family stability. Although only a handful of studies on crisis nursery outcomes have been published, they suggest that crisis care reduces caregiver stress, lowers the risk of abuse and neglect, and enhances parenting skills (Cole & Record, 2010).

Cole and Hernandez (2011) found that children who had experienced crisis care prior to a foster care placement were more than twice as likely to be returned to their biological parents than a comparison group whose families did not receive crisis nursery services. A study of families receiving crisis care services at Ohio's Providence House found that families who received crisis care services are less likely to later experience out-of-home placements (Crampton & Yoon, 2016). In a study conducted by ARCH (2006), it was found that although families who received crisis care were more likely than families in a comparison group to be reported to child protective services, families who received crisis nursery services were less likely to have the reports substantiated.

Crisis nurseries offer places of safety for children during times of family crisis. The services are free of charge, voluntary, and often prevent unnecessary foster care placements. Most programs offer additional family supports such as medical and dental health screenings and treatment, parent education and support, and substance use prevention. More research is needed to better understand the role crisis nurseries play in the lives of children and families.

Summary

Crisis nurseries are a type of respite for children at risk of abuse and/or neglect. Crisis nursery services can occur in out-of-home or in-home settings for various lengths of time depending on the needs of the family and available resources. As with other types of respite services, crisis nurseries may help prevent out-of-home placements and possible abuse and neglect situations, preserve the family unit, and support family stability.

Resources

ARCH List of Crisis Nurseries is a list that is provided by ARCH for informational purposes only and is not all-inclusive. The fact that a program is or is not listed here does not represent an endorsement or lack of endorsement for any purpose. See archrespite.org/images/Crisis_Nurseries_Contact_List.pdf

Child Welfare Information Gateway is a service of the Children's Bureau, Administration for Children and Families U.S. Department of Health and Human Services. See Respite Services for Families at Risk of Child Abuse and Neglect or Family Disruption at childwelfare.gov/topics/preventing/prevention-programs/respite/services

FRIENDS National Resource Center for Community-Based Child Abuse Prevention (CBCAP) is a service of the U.S. Department of Health and Human Services, Administration for Children and Families, Children's Bureau. friendsnrc.org/activities-that-support-prevention/respite

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What do we know about crisis nurseries?

The need

With the passage of the Family First Prevention Services Act of 2018, states and tribes now have a tool to advance a 21st century child welfare system that:

- Redefines safety, so that children are free from abuse and neglect
 and don't have to be harmed for the system to intervene. The current
 system is a reactive rather than a proactive one. It defines children's
 safety as prevention of repeat maltreatment, but brain science and
 research suggest that intervening after a serious trauma has occurred is
 much less effective than avoiding the initial trauma altogether.
- Reflects population-based prevention strategies, so that
 interventions address indicators and social determinants of health in
 children, families and communities that are most at risk of harm, rather
 than the devastating impact of trauma on children after it occurs.
- Reorients responsibility for child well-being, so that the child protection agency is only one agency within a broader child well-being system that includes public health, mental health, early childhood, substance abuse, education and others.



Updated February 2019 casey.org 1

 Raises the level of technical excellence, so that decision-making is enhanced through the use of integrated datasets and predictive analytic tools, and by strengthened services and supports that are tailored to meet the real needs of children, families, and communities.

Crisis nurseries are part of such an approach. All parents feel overwhelmed at one time or another. Ideally, a family member or friend is willing and able to provide necessary support during these stressful periods. However, many vulnerable and high-risk families don't have an available support network. Emergency support services such as crisis nurseries can assist parents experiencing challenges and prevent harm to children, as well as the need for children's entry into foster care.

The model

Sometimes called "crisis respite," "respite services," or "relief nurseries," crisis nurseries provide emergency shelter for children when parents are overwhelmed with complex situations and are unable to care for their children. Crisis nurseries are considered effective approaches to child abuse and neglect prevention, serving families with children who are at high risk of involvement with the child welfare system (including some with current or previous involvement with this system). 1 Most programs accept children at any time, day or night, to protect them from a potential or existing crisis in the family. They provide short-term care (lengths of stay typically vary from 24 hours to 90 days). Beyond the immediate goal of emergency care for children, acknowledged goals of most crisis nurseries include strengthening and preserving families, reducing the chance of child welfare placement, and promoting child well-being.

The history

The crisis nursery model began in the 1960s as a grassroots effort to prevent child abuse and neglect by supporting parents under stress. Based on an understanding of the vulnerability of infants and young children and the pressures their needs can place on parents, especially those already dealing with challenges related to poverty and other circumstances, the nurseries focused on children newborn to 5 years old.² Financed by private donors, they often were located in communities with low-income families to provide easy access to respite for parents and stable, caring environments for children. Crisis nursery workers also understood the need for crisis intervention services beyond respite for parents and temporary care for children, and most offered a range of emergency and follow-up services.2

Legislation in the mid-1980s and early 1990s³ provided funding for temporary care to help preserve and support families and strengthen the parental bond. Between 1988 and 1994, 47 states obtained funding to establish a total of 175 crisis nurseries. As a growing body of research on early brain development emphasized the critical role that early attachment relationships play in children's development, and pointed to the need for support services that promote engaged and nurturing parenting, many crisis nurseries began including enhanced family functioning and parenting education as part of the service array to improve positive outcomes for children and boost family preservation.⁴

The defining characteristics

The guiding philosophy of crisis nurseries⁵ emphasizes the importance of services that meet families'

I don't know where I would be without a place like this. ... Words can't describe how much hope they've given me.

— MOTHER WHO USED CRISIS NURSERY SERVICES, MARYVILLE CRISIS NURSERY, CHICAGO, ILLINOIS underlying needs to achieve long-term well-being of children. Toward this goal, many crisis nurseries:

- Provide shelter for children without judgment, welcoming children with compassion toward their caregiver(s)
- · Are voluntary, confidential, and free
- Provide care 24 hours a day, 365 days a year
- Are staffed by professional social workers or specialists who understand the developmental needs of young children and how to provide safe and nurturing environments
- Provide shoes, clothing, diapers, and other tangible items, including comfort items such as toys and blankets
- Employ administrators and staff that are trained in childhood development and know how to ameliorate the effects of traumatic experiences

Crisis nurseries provide an array of services for children and for their parents. Services vary among nurseries, but they usually involve some or all of the following:

Services for the children

- · Nutritious meals and snacks
- · Scheduled age-appropriate learning activities
- Early learning programing
- · Supervised playtime, mealtimes, and bedtime
- Transportation to school and regular appointments in the child's community
- Therapy
- · Art and literacy activities
- Medical care

Services for the parents

- Initial crisis assessment and intervention services
- Referral to community services in the parent's community, or co-located at the nursery, including parenting classes, mental health counseling or substance abuse treatment

At the Maryville Crisis Nursery, staff understand that parents who bring their children to their front door are experiencing a multitude of circumstances that led them to seek respite and care for their children, including:

- Sudden illness or accident
- Desperation or helplessness
- Emotional distress or frustration
- Domestic violence
- Homelessness
- Drug or alcohol treatment
- A medical or mental health situation
- Employment or housing situation
- Risk of abuse and neglect (i.e., stressed single parent with no support)
- Assistance with resolving the immediate crisis
- Referrals and transportation to another agency, if capacity prevents intake
- Case management and action planning
- · Home visiting
- · After-crisis interventions and follow-up care
- Community outreach and awareness

The impact

By eliminating stress and other known risk factors of child abuse and neglect, crisis nurseries appear to promote safety for children and strengthen family functioning.⁶ By providing comprehensive services to families with young children, they strengthen parenting skills, improve family stability and family functioning, and support parents' ability to successfully parent their children. Available evaluation results indicate that crisis nurseries help reduce child maltreatment and entry into

foster care, as well as support the timely reunification of children in out-of-home care with their parents.

Feedback from parents reflects caregiver satisfaction with services provided to their children and to their family, as well as caregiver perception that crisis nurseries effectively decreased stress, lowered the risk of child maltreatment, and enhanced parenting skills.⁷ For example, in a study of five crisis nurseries in Illinois, **67 percent of parents surveyed suggested that**

without crisis respite, their children may have been at risk of maltreatment or endangerment. Nearly half of parents acknowledged risk of voluntary or involuntary placement of their children in foster care if crisis respite had not been available.⁶

The table below summarizes what is known about the impact and effectiveness of crisis nurseries in reducing the incidence of child maltreatment, out-of-home placement, and time to permanency:

A SELECTION OF CRISIS NURSERIES AND THEIR IMPACT ON FOSTER CARE PLACEMENT

CRISIS NURSERY	RELEVANT RESEARCH FINDINGS
The Sacramento Children's Home Crisis Nursery	Children in the test group were less likely to have experienced abuse or neglect than the children in the comparison group, and were far less likely to ever have a substantiated report of maltreatment than the families without crisis nursery services. ⁶
Oregon Association of Relief Nurseries	Relief nurseries strengthen family functioning and reduce the number of risk factors associated with abuse and neglect in the families served. They also reduce foster care placements and help children exit the foster care system twice as quickly as those not receiving services. Relief nurseries: Increase parent employment, frequency of reading to children, and child immunization rates Improve quality of parent-child interactions, family functioning and stability Reduce number of family risk factors and the use of emergency room services Decrease the number of families living in poverty and the number of families likely to use the emergency room
The Providence House	 Crisis nursery services delivered with case management and parenting education may be an effective intervention to reduce foster care placement, given that:¹⁰ Children whose parents participated in the recommended case management had 65 percent lower odds of subsequent foster care placement compared with children whose parents declined the recommended service Similar results were found for children whose parents participated in the recommended parenting education
Illinois' Six Crisis Nurseries	Crisis nurseries demonstrate that they can be instrumental in reducing parental stress, enhancing parenting skills, and reducing the risk of abuse. The Families who access crisis nurseries before coming to the attention of the child welfare system are twice as likely to be reunited compared to families that do not access such services, and families who access case management and parenting education provided through a crisis nursery are less likely to have a subsequent entry into foster care.

CRISIS NURSERY

RELEVANT RESEARCH FINDINGS

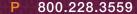
Yolo Crisis Nursery

Of the families that received crisis nursery services¹³:

- 97% of families completed referral to wrap-around services
- 97% of parents did not become clients of Child Protective Services
- 97% of parents reported stress reduction after using nursery services

To learn more, see related resources at casey.org/crisis-nurseries

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